



Recreation PLAY BOOK

Autumn 2016



September-December

CONTACT INFORMATION

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Program Registration and Facility Reservation
Call (704) 216-PLAY or register online at
www.salisburync.gov/PLAY.

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City Park Center
316 Lake Dr.
Salisbury, NC 28144
(704) 638-5295

Hall Gym
1400B W. Bank St.
Salisbury, NC 28144
(704) 638-5289

Miller Recreation Center
1402 W. Bank St.
Salisbury, NC 28144
(704) 638-5297

Salisbury Civic Center
315 S. Martin Luther King Jr. Ave.
Salisbury, NC 28144
(704) 638-5275



City Park Tennis Programming

For information regarding City Park Tennis Programming, please contact Bobby Cristman—PTRP, Salisbury Parks and Recreation Tennis Pro, at rcristman@carolina.rr.com or call him directly at (704) 754-2052. Group or single lessons for all ages.

Youth Indoor Soccer League

Our Youth Indoor Soccer League for boys and girls is both fast and fun! We will focus on the fundamentals of soccer while having fun and learning the game. Registration deadline is 9/3. Volunteer coaches are needed.

Day	Time	Date	Location	Fee	Age
M, W, F	5:30 pm	9/12-10/29	Hall Gym	\$20	4-8

Youth Volleyball League

Our program focuses on skill development and the fundamentals of volleyball. Our league promotes healthy player development and the basic appreciation for the sport. Registration runs through 9/3. Practice begins in September and games will be played in September and October. Volunteer coaches are needed.

Day	Time	Date	Location	Fee	Grade
T, Th	5:30 pm	9/13-10/29	Hall Gym	\$25	4-8
Sa	10:00 am	9/13-10/29	Hall Gym		



ATHLETICS

NFL Punt, Pass, and Kick

This local football competition, an initiative of the National Football League, is for both boys and girls in the community. Participants will be given the opportunity to show others how they punt, pass and kick. Local winners will advance to the sectionals.

Day	Time	Date	Location	Fee	Age
Su	2:00 pm	9/18	Catawba	No Fee	6-15

Boy's Youth Basketball League

This is a youth basketball league that focuses on building character, as well as teaching teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement draft. Registration runs through 10/22. Practices will start in November and games will run in December and January. Volunteer coaches are needed.

Day	Time	Date	Location	Fee	Age
M-F	5:30 pm	11/7-1/14	Hall Gym	\$30	7-15
Sa	9:00 am	11/7-1/14	Hall Gym		

Girl's Youth Basketball League

This is a youth basketball league for girls that focuses on building character, as well as teaching teamwork and fundamental basketball skills. Teams will be assigned by a pre-season placement draft. Registration runs through 1/14. Practices will begin the end of January and games will be played in February and March. Volunteer coaches are needed.

Day	Time	Date	Location	Fee	Age
M-F	5:30 pm	1/30-3/18	Hall Gym	\$30	7-15
Sa	9:00 am	1/30-3/18	Hall Gym		

ATHLETICS

Food Lion Turkey Hoop Shoot

Are you an ace when it comes to shooting hoops? Bring those basketball skills out to the gym and have some fun! You could win a FREE Thanksgiving turkey! The Turkey Shoot tests your skill and accuracy in a basketball free throw competition.

Day	Time	Date	Location	Fee	Age
Sa	10:00 am	11/19	Hall Gym	No Fee	All

Coed Youth Basketball League

This is a youth basketball league for girls and boys that focuses on building character, teaching teamwork and the fundamental basketball skills. Registration runs through 1/14. Practices will begin the end of January and games will be played in February and March. Volunteer coaches are needed.

Day	Time	Date	Location	Fee	Age
M-F	5:30 pm	1/30-3/11	Hall Gym	\$30	5-6
Sa	9:00 am	1/30-3/11	Hall Gym		

Register Early!!!!

Avoid Disappointment! Nothing cancels a great program quicker than everyone waiting until the last minute to register.



Working together for our community

Novant Health is proud to partner with the City of Salisbury to improve the health of our community. Collaborations like this make a remarkable impact on the lives of those around us, providing individuals with the tools they need to get better and stay healthy.

Making healthcare remarkable

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EVENTS

Music at the Mural

Bring in the cool fall nights with "Music at the Mural" in Downtown Salisbury! Join us at Salisbury's iconic Mural for hot music and a sizzling good time. Bring your lawn chair so you can kick back and relax while looking at the stars, or watch from the roof of Go Burrito. The mural will come alive with all types of music during this outdoor concert series. Sponsored by Go Burrito, United Beverages, Charlotte Eye, Ear, Nose & Throat, and The Lettered Lily.

8/27—Brandon Kirkley and the Fire Crackers
9/24—Big Break
10/29—Big Daddy Love



Brown Bag Lunch Jam

Grab a friend, grab a blanket and grab a spot at Brown Bag Lunch Jam! For four consecutive Wednesday's in September, a free outdoor acoustic concert series will be taking place in Downtown Salisbury. These concerts are a great place for the community to socialize and enjoy the lunch hour during those fantastic Salisbury Fall days!

Day	Time	Date	Location	Fee	Age
W	12:00-1:30 pm	9/7-9/28	Gateway Park	No Fee	All

Family Camp Out

Put down the remote control and the iPad, grab your hiking shoes and sleeping bag and step into nature! The Salisbury Parks and Recreation Department's Family Campout is almost here. Pitch your tent, sit by the fire, fish in the lake or just gaze at the stars. There will be campfire food, outdoor games, nature sessions for all ages and a movie on the big screen. This is rustic like you've never experienced before. \$20 per tent (up to 4 people, \$5 each additional person). Limited tent rental available.

Day	Time	Date	Location	Fee	Age
F-Sa	3:00 pm-10:00 am	9/9-9/10	Salis. Comm. Park	See Desc.	All

10th Annual Autumn Craft Show

Get an early jump on Holiday shopping! Our annual Craft Show features 50 local and area craft vendors from the mountains to the coast, held both indoors and outdoors, rain or shine. There is something for everyone—guaranteed! \$25/ Outdoor Vendor, \$35/ Indoor vendor. For a vendor packet, please email vkoon@salisburync.gov.

Day	Time	Date	Location	Fee	Age
Sa	10:00 am-4:00 pm	10/15	Civic Center	Free to public	All

Halloween Fun Fest

Our annual Halloween Fun Fest in Downtown Salisbury will bring ghoulish fun to residents and visitors of Salisbury and beyond. The Salisbury Post parking lot will transform into a Halloween carnival featuring music, costume contests, Halloween games, a bounce house, face painting, candy and more!

Day	Time	Date	Location	Fee	Age
Sa	3:00-6:00 pm	10/29	Downtown Salis.	\$5	All

North Carolina Cyclo-Cross Series Race

Come take part in the North Carolina Cyclo-Cross Series races. This racing spectacular is for all ages and skill levels and is a great family event. Races are 30, 45 or 60 minutes long with men's, women's and junior's divisions and a FREE kids race (10 and under). This is a US Cycling Federation sanctioned event with 1 day license available at the race. Visit www.nccyclocross.com for details. We will also have live entertainment and great food!

Day	Time	Date	Location	Fee	Age
Su	10:00 am	11/13	Salis. Comm. Park	\$15-\$20	All

EVENTS

Brunch with Santa

We know Santa likes cookies with milk for a midnight snack, but what does he eat for brunch? PANCAKES! You and your family are invited to come make a holiday memory sharing brunch with Santa. Enjoy great food, crafts, games, photos and more! All ages are welcome. Pre-registration is required! \$6 per person or \$20 per family of 4.

Day	Time	Date	Location	Fee	Age
Sa	10:00 am-noon	12/3	Civic Center	See Desc.	All

Holiday Lights Trip

It's the Holiday season so let's get your family and friends together and take a trip to see the Christmas lights at Charlotte Motor Speedway and/or Tanglewood Park. Sit back and let us do the driving and enjoy the trip. Vans will leave the Civic Center at 5:30 pm.

Day	Time	Date	Location	Fee	Age
Th	5:30 pm	12/8	CMS	\$10	All
Th	5:30 pm	12/15	TWP	\$10	All

New Year's Eve at the Bell Tower

Say goodbye to 2016 and ring in the New Year with class and style! Celebrate the beginning of 2017 as a community at Salisbury's historic Bell Tower. Festivities will include live music, video feed of Time Square, hot chocolate and other goodies as well as ringing of the bell at midnight. Fabulous fun for the whole family!

Day	Time	Date	Location	Fee	Age
Sa	8:00 pm-midnight	12/31	Bell Tower	No Fee	All

1st Annual Doggie Dip Swim Party

Come take a plunge with your pooch! This special day is for all well mannered dogs and their owners to enjoy their own sun and fun in the water. All proceeds will benefit the Dog PAWs fundraising efforts to construct Salisbury's first dog park.

Rules & Regulations:

- ◆ Well mannered dogs and their handlers welcome!
- ◆ All dogs must be on leash when not in the water.
- ◆ All owners and dogs must know how to swim.
- ◆ Dog handlers must be age 18+.
- ◆ No more than two (2) dogs per handler.
- ◆ Proof of rabies vaccination (tag) on display at all times.
- ◆ No dogs in heat permitted.
- ◆ Handlers must clean up after dog and provide own waste bags. Temporary waste stations available on site.
- ◆ Limit of 25 dogs per time frame/weight classification.

Sunday, September 11, 2016

Fred M. Evans Pool

\$5 per pooch

1:00-2:30 pm - Small dogs (less than 25 lbs.)
2:30-4:00 pm - Medium dogs (26-50 lbs.)
4:00-5:30 pm - Large dogs (51-100 lbs.)

DANCE and MOVEMENT

FITNESS

High Energetic Line Dancing

Instructor: Linda Beaty

This is a popular high energy cardio class dedicated to learning new and classic line dances each week at a normal pace. A sampling of lessons include: Tail Feather, Turbo Hustle, Smooth Cha-cha, Bang Bang, Haterz Shuffle, Zydeco Bounce, The Marvin Gaye Walk, Shake Your Body, Blurred Lines, With Your Boots On, Jody's Thang, Rock This Party, Jamaica Funk and more. Put on your fitness clothes and dancing shoes, learn some new moves and enjoy some fun! No class 10/24-10/28.

Day	Time	Date	Location	Fee	Age
M, Tu, Th	6:30-7:30 pm	9/6-12/22	Civic Center	\$3/class	All

Rowan County Community Drill Team

Instructor: Joshua Howell

One, Two, Kick, Step! RoCo Drill Team program promotes quality training and leadership for community youth. Come enjoy learning to play percussion instruments, jsette/majorette style dancing, be able to perform in parades and community events, compete against other groups and much more. Everyone is sure to have a good time because "When we March in, the Show begins". For registration information, contact Coach Jay at rowancountydt@gmail.com

Day	Time	Date	Location	Fee	Grade
M, W	5:45-7:45 pm	9/7-12/28	Miller Center	\$15 one time	1-12

Youth African Dance

Instructor: Sakinah Riley

This 6 week dance program will be jammed packed with African culture, dance, drumming and fun. Students will work with a trained instructor to learn African dance technique, basic drumming, and African history. Students will have the opportunity to perform at local events. Do not wait around, register today! Multi Child discount is available for class registration. \$15 fabric fee per student is due the first night of class. Students will make African dance attire.

Day	Time	Date	Location	Fee	Age
M, Th	6:00-7:00 pm	9/12-10/25	City Park	\$65	5-15

Champions in Motion Cheerleading

Instructor: Amanda Donnell

Champions in Motion combines pom and cheerleading into one program. Students are taught techniques such as cheer and chants with arm motions, jumps, kicks, stunting basics and teamwork. Dance routines, dance techniques and choreography also included. Registration and first class will be Monday, 9/12. Please attend per scheduled age and time.

Day	Time	Date	Location	Fee	Age
M	6:00-6:45 pm	9/12-1/30	City Park	\$7/class	4-6
M	6:45-7:30 pm	9/12-1/30	City Park	\$7/class	7-9
M	7:30-8:30 pm	9/12-1/30	City Park	\$7/class	10+

Cardinal Squares Modern Square Dancing

Instructor: Marty Northrup—Caller

Keep warm this winter by moving and grooving while having fun and fellowship. Grab a friend and come square dancing each Tuesday at City Park. Great for singles, couples and a wonderful stress reliever with easy cardiovascular physical activity! Membership fees may apply. See Cardinal Squares member for details.

Day	Time	Date	Location	Fee	Age
Tu	7:00-9:00	9/6-12/27	City Park	See Desc.	All

City Park Weight Room & Fitness Center

Are you looking for a place to work out? The City Park weight room is the place for you. Come work out at your leisure and enjoy a no hassle environment. For ages 16+.

Hours

Monday-Thursday Noon-8:00 pm

Friday Noon-6:00 pm

Saturday 9:00 am-1:00 pm

\$2 a day or ask about a membership!

Iron Dragon Tae Kwon Do Academy

Instructor: Tola Brady Rose III

This program is created to develop and encourage non-violent and constructive behavior among the youth of our community. Through varied activities and positive direction of negative behavior, we plan to accomplish this goal. Benefits include: self-defense, self-control, self-esteem, develop and improve leadership abilities and improve concentration and focus. For more information call Tola at (704) 605-7894.

Day	Time	Date	Location	Fee	Age
M, Tu, Th	5:00-5:30 pm	9/1-12/29	Civic Center	\$80/month	4-5
M, Tu, Th	5:45-6:45 pm	9/1-12/29	Civic Center	\$80/month	6-15
M, Tu, Th	6:45-8:15 pm	9/1-12/29	Civic Center	\$80/month	16+

Hatha Yoga

Instructor: Christine Zimmer, RYT

Experience a variety of postures, breathing techniques and develop de-stressing skills. Each class brings the occasional optional challenge thrown in so that you feel like you've earned that relaxation at the end of class. As each class progresses, deepen your understanding of body position and breathing while releasing tension and increase your body's flexibility. Wear comfy clothing and bring your mat or blanket. No class 11/24.

Day	Time	Date	Location	Fee	Age
Tu, Th	6:00-7:00 pm	9/1-12/29	Park Ave.	\$6/class	16+

Nia Technique

Instructor: Elizabeth Cole (1st Degree Black Belt)

Nia is the original and most advanced form of fusion fitness. An expression workout, Nia blends martial arts, dance arts and healing arts into a powerful synergistic workout that no isolated exercise technique can match. Email speakmove@gmail.com for more information. Class dated may vary depending on facility schedule..

Day	Time	Date	Location	Fee	Age
M, W	5:30-6:30 pm	9/7-12/28	Civic Center	\$4/class	14+



FITNESS

Cardio Kickboxing

Instructor: Tola Brady Rose III
This class, presented by Iron Dragon Tae Kwon Do, consists of 13 stations without getting hit. Great for cardio muscle toning and self-defense at the same time. For more information, call Tola at (704) 605-7894.

Day	Time	Date	Location	Fee	Age
W	5:30-7:30 pm	9/7-12/28	Civic Center	\$4/class	16+

Pickleball

What is pickleball? Come to Hall Gym and find out about this new and exciting game that is a mix of table tennis and regular tennis. This is a game for all ages.

Day	Time	Date	Location	Fee	Age
M, F	10:00 am-noon	9/9-12/30	Hall Gym	No Fee	All

Having a Ball—Exercise

Instructor: Linda Beaty
This exercise stability ball class is designed to strengthen your upper and lower body and improve upon overall flexibility. Each class will use music and specific ball exercises to maximize the body’s potential. Wear comfy but not loose clothing and athletic shoes.

Day	Time	Date	Location	Fee	Age
Th	5:30-6:30 pm	9/8-10/20	Civic Center	\$3/class	16+

Evening Beginners Running Training Program

Instructor: David Freeze—Salisbury Rowan Runners
This beginners running training program will be a comprehensive instructional approach to provide new runners with all the information needed to begin the process. This program will include 8 weeks of classroom and workout sessions to get you ready for a 5k race. Individual coaching will be available so you can go at your own pace. Program includes membership to SRR Club, club t-shirt and entry to club sponsored 5k.

Day	Time	Date	Location	Fee	Age
Tu	6:00 pm	9/13-11/1	Novant	\$65	16+



FITNESS



Drew West Boot Camp

Instructor: Drew West
Are you looking for that extra push to help you begin to meet your fitness goals? Well, we have the perfect trainer for you! Join Drew West Boot Camp! This program will get you motivated, educated and feeling confident. So grab a friend, a mat and a water bottle for a fun fit time!

Day	Time	Date	Location	Fee	Age
Sa	10:00-11:30 am	9/28-11/6	City Park	\$5/class	16+
Su	3:00-4:30 pm	9/28-11/6	City Park	\$5/class	16+
W	7:00-8:00 pm	9/28-11/6	City Park	\$5/class	16+

Pilates Fusion

Instructor: Mary Rosser—ACE Certified Trainer
This class will incorporate elements of Pilates with full body conditioning exercises to transform your body. Tone the core and create a long, lean physique through Pilates, while burning and increasing the metabolism with combinations of strength and cardio mixed in. Each class ends with flexibility work to help with energy prevention. You will leave class feeling strong, healthy and toned! All levels welcome, modification and advancements offered. Bring a mat and water.

Day	Time	Date	Location	Fee	Age
Tu	6:00-7:00 pm	10/4-11/22	City Park	\$4/class	18+

INSTRUCTORS WANTED!!

We need instructors for the Winter/Spring season, January-April. If you are interested in teaching a class through Salisbury Parks & Recreation, please call 704-216-PLAY today!

SKILLS and MISC.

SWAGGA Afterschool Program

Instructor: Esther Adkins
Come join the SWAGGA family for a fun filled afterschool experience. This program will focus on maintaining and building on academic skills learned through the school year. Transportation provided for Hurley, Overton, Isenberg, North Rowan and Koontz Elementary. No transportation available for middle school students. For registration information, contact Evette Fairley at (919) 356-5192 or email at eviee66@yahoo.com.

Day	Time	Date	Location	Fee	Grade
M-F	Pick up by 6:00 pm	8/29-12/23	Miller Center	\$30/week	K-7

Dillingham Martial Arts

Instructor: Sensei Larry Dillingham—6th Degree Black Belt
Join the Dillingham Team, our world class martial arts program. This program includes character development, self-discipline, self-respect, self-control and respecting others as well as basic and advanced martial arts training. Class times are based on age and belt rank. Visitors are welcome.

Day	Time	Date	Location	Fee	Age
T, Th	5:00-5:50 pm	9/1-12/29	Miller Center	\$20/month	4-7
T, Th	6:00-6:50 pm	9/1-12/29	Miller Center	\$20/month	8-15
T, Th	7:00-7:50 pm	9/1-12/29	Miller Center	\$20/month	16+

Miller Center Senior Society

Join this lively bunch of Seniors as they endeavor everything from arts and crafts to trips out of town! Spend your leisure mornings learning new things and discovering adventure along-side a wonderful group of people. Meets 2nd and 4th weeks of the month.

Day	Time	Date	Location	Fee	Age
Th	10:30 am-12:30 pm	9/1-12/29	Miller Center	Free	55+

Westfield Productions & Guitar Music and Theory

Instructor: William Dupree
If you have ever wanted to play the guitar, here is your best opportunity to learn. Each session will focus on teaching basic musical concepts, such as rhythm, harmony, melody, reading music and playing basic chord symbols. Lessons are offered in 30 minute one on one sessions. Call today to schedule your first lesson at (704) 798-1143.

Day	Time	Date	Location	Fee	Age
Th	Varies	9/4-12/29	Hall Gym	\$5/session	All

Girl Scouts

Instructor: Ruby Walker
Parents, bring your daughters to join Girl Scouts! This is a fun, educational program that will help young girls learn and develop while having fun! This program helps girls grow into positive, productive young women and citizens. For more information, contact Ruby at (704) 433-4982.

Day	Time	Date	Location	Fee	Age
Tu	6:00-7:30 pm	9/6-12/20	Hall Gym	No Fee	

Monday Bridge

If you enjoy the game of Bridge and are looking for a place to play, come and join the Monday Bridge players at City Park. Grab your players and a deck of cards for a relaxing game.

Day	Time	Date	Location	Fee	Age
M	1:00-3:00 pm	9/12-12/19	City Park	No Fee	16+

SKILLS and MISC.

Newcomers Club of Salisbury and Rowan

Whether you are new to the area, a native, or something in between, you will find a group of friends and acquaintances. From bridge to dinner parties, dinner out, garden and travel, or book clubs, there are always activities to enjoy. For membership information, call (704) 761-8054. Check out the website at www.salisburynewcomers.com.

Day	Time	Date	Location	Fee	Age
Tu	1:00-3:00 pm	9/13-12/20	City Park	See Desc.	18+

Women in Progress

Instructor: Paula Tripp
Our organization focuses on the ENTIRE woman. Our main objective is to help ALL women recognize and understand their own SELF WORTH through physical, spiritual, emotional and mental support. "Get RIGHT NOW help for our RIGHT NOW situations."

Day	Time	Date	Location	Fee	Age
M	7:00-8:15 pm	9/26, 10/24, 11/28	City Park	No Fee	All

Modern Day Sewing Club

Instructor: Sabrina Harris—Sabrina Bougie Inc.
Owner and operator of Sabrina Bougie Inc. is offering a sewing club. This club will focus on pattern reading, fabric cutting, measurements, and learning the ins and outs of the sewing machine. Come join this relaxing and creative atmosphere. Enjoy learning and fellowship with others. With completed registration a materials list will be provided. Must provide your own sewing machine. For questions send emails to info@bougiestyles.com. A working email is requested with registration.

Day	Time	Date	Location	Fee	Age
Sa	4:00-6:00 pm	10/15, 11/19, 12/17	City Park	\$20/month	16+

Campus to Campus College Tours

The Salisbury Parks and Recreation staff would like to invite you to our first annual college campus tour across the state. College visits will help potential college students gather knowledgeable information that will help students make their college decision. This tour will give students the opportunity to meet with Admissions Counselors and Financial Aid Counselors to give students a realistic idea of what it takes to attend and afford college. Come prepared to ask questions. This is your chance to learn about the college recruiting, application, and admission process. Bring \$10 for dinner.

Day	Time	Date	Location	Fee	Age
F	2:00-7:00 pm	9/16, 10/28	Miller Center	Free	13-18

D.R.E.A.M. Girls Inc.

Instructor: Alexis Richardson
D.R.E.A.M. Girls (Determined to Reach, Empower, and Mentor). Calling all young ladies to join the DREAM family. This mentoring program will focus on each girl's individual self-esteem, working as a team, conflict resolution, and giving back to the community they live in. This is a safe, fun environment filled with self-empowerment and reaching new heights with every DREAM session.

Day	Time	Date	Location	Fee	Grade
W	4:00-5:30 pm	9/12-12/28	City Park	No Fee	4-6



